

# OGSM NEWSLETTER

2017/2018 COUNCIL ISSUE 2



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## From the President's Desk



The Obstetrical and Gynaecological Society is a voluntary association of individuals for common interest; especially, an organised group working together and periodically meeting to educate doctors in the professional field of obstetrics and gynaecology but the society does not possess any regulatory authority over these professionals. The College of O&G, Academy of Medicine Malaysia has been entrusted with this regulatory role, presently the medical academy has been given the authority to award CPD points from 2019. Doctors are required to collect CPD points from 2018 to apply for their profession Annual Practising Certificate for year 2019. The OGSM is working closely with the College of O&G in this matter. The OGSM has formed a sub-committee to look into this matter. Members will be regularly updated on this matter, kindly look forward for scientific meetings to update and collect CPD points.

On 30<sup>th</sup> of September 2017, I was invited by the members for an OGSM Fellowship Night 2017, state of Perak. It is an annual event for the past 5 years ever since the new Perak state coordinator Dr V. Jayabalan has been appointed. He was instrumental along with Dr Japaraj Robert Peter in organising this event which brings both government O&G Specialists, Universities and private doctors together in this unique partnership to update and resolve any issues in managing patients between both sectors. This evening event was well attended by O&G doctors from Manjung, Sitiawan, Tanjung Malim, Taiping and various other towns in Perak. Dr Krishna Kumar, Past President OGSM was invited to speak on "Update – VTE in Obstetrics" and I spoke on "Skills Training in Obstetric Emergencies". This was followed by a dialogue

session with Dato' Dr Hassan Merican Bin Omar Naina Merican, Perak State Health Director between the private and government doctors. Following that there was a special request by the members for Perak O&G Journal Club, Dr Japaraj kept his promise and organised the 1st Journal Club in KPJ Ipoh Specialist Centre on 23<sup>rd</sup> November 2017 at 7.30pm. Thirty-five doctors participated and the topics discussed were "Latest Evidence in Obstetric Practice that you Cannot Afford to Ignore" and "Update on Uterine Fibroids Management". These types of activities promote good cooperation and improving health care in the particular state and beyond. From OGSM Kudos to Dr Japaraj, Dr Jayabalan, Dr Divakaran and other members.

On 14<sup>th</sup> of October, the Trainees Masterclass was conducted in Kuantan which focused on "Part 1 MOG and MRCOG Examinations". OGSM Council Members, Associate Professor Dr Ani Amelia and Professor Dr Nazimah Idris spear headed this training. In previous years there were more participants attending similar training, however this year less numbers participated. The OGSM will be conducting a few more Masterclass training programmes next year. Trainees kindly look forward for these courses in January and February which are targeted mainly for junior members of the society.

World Menopause Day is celebrated on 18<sup>th</sup> of October every year. In Malaysia, Pink October Breast Cancer Awareness is celebrated everywhere but not menopause. The last newsletter saw an article about menopause and post-menopausal health which has never been emphasised in the past. The life expectancy of both men and women are increasing about fifty percent and women will spend a third of life in menopause. Dr Premitha Damodaran, Menopause Subcommittee Chairperson solely developed a webpage containing the latest information, scientific data, Malaysian Data fact charts and other useful menopause videos and pod casts. This useful web page can be accessed by all members, which could be also used as an education tool about menopause. All members kindly promote this OGSM website [www.menopausefacts.org](http://www.menopausefacts.org) by informing all your patients and their family. This web site was launched by me and Dr Premitha Damodaran on 26<sup>th</sup> of October 2017. The function was also attended by Dr Ho Choon Moy, President, Malaysian Menopause Society, Professor Emeritus Dato' Dr Nik Mohd Nasri, Dr Raman Subramaniam and OGSM Council members. There were patients, large number of media personnel and people from the Pharmaceutical industry participating in the morning event. Following the launch, there was a public forum attended by patients. On behalf of OGSM, I would like to congratulate Dr Premitha on all her efforts and work for the good cause.

Sub-specialities oriented training and discussions were also conducted. First, the Gynaecological Endoscopy Chairman, Dr Sevellaraja conducted a video presentation of interesting gynaecological laparoscopic cases which was attended by 30 participants. Many members of the society presented special and difficult cases in this interesting session in which practical difficulties were also highlighted. Secondly, Dr Kannappan, Fertility & Sterility Chairman conducted a round table discussion at OGSM Office. Members working in this fertility field presented difficult cases encountered by them and had an open discussion with senior members of the society

and visiting international expert Dr Michael Scheiber from Cincinnati Fertility, United States. Thirdly, Dr Araku Naidu, Urogynaecology Chairman was instrumental in leading a team of urogynaecologists to Laos. They operated and conducted urogynaecological hands-on training workshop. Fourthly, Dr Bavanandan Naidu organised a MFM interest group meeting at Grand Seasons Hotel with prominent speaker from Japan, Dr Ritsuko K. Pooh who attended and participated in the case discussion. Lastly, Dato' Dr Hj Mohamad Farouk Abdullah, Sexual and Reproductive Health & Rights Chairman organised a two-day workshop on Male & Female Sexual Dysfunction seminar at HTAR. Dr Martha Tara Lee, a leading clinical sexologist from Singapore was invited for this training.

Every member of our society should be proud of our society's role in educating doctors, midwives and trainees locally and regionally through the Intensive Course in Obstetric Emergencies (ICOE) – being a small society with the capability of playing a bigger role in the regional agenda of reducing maternal mortality and achieving sustainable developmental goals. All these good work is not achieved easily, it requires dedication, sacrifice, networking, meticulous organisation skills and time to manage these effective training programmes. International bodies like AFOG and FIGO have requested our role to help countries with high maternal mortality rates. The ICOE team comprising of ICOE Steering Committee, ICOE Trainers, ICOE Midwife Trainers and ICOE Global Trainers conducted training locally and regionally in Mongolia, Bangladesh, Laos and Cambodia. If any of our members are interested to be a trainer, please feel free to contact me or Mr Baskaran, ICOE Executive. Being an ICOE trainer should enable oneself to learn and upgrade your non-technical skills in obstetrics and earn extra CPD points.

The OGSM has been conducting these training programmes for many years and never pay any speaker's honorarium in line with FIGO, AFOG and RCOG. But recently there were a few requests from speakers in some courses conducted by OGSM to pay honorarium. The society is not a pharmaceutical company, it is a social organisation running training programmes in related medical discipline to educate and train members of the society. One might ask why are we charging so much money as registration fees? This fee is just to cover the cost of hiring venue, pay for food and reimburse travel expenses of invited speakers. In addition to that the society also contributes funds to cover expenses and not to make profit. OGSM charges non-members differently whereas members enjoy the subsidised rates. As an invited speaker it is an honour endorsed upon individual and you should be proud of being recognised as an expert in that field. Moreover, all ICOE trainers are not being paid any honorarium, it is entirely voluntary, they sacrifice their time and leave to conduct these training workshops.

Lastly 2017 is coming to an end, I would like to wish all members, council members and trainees a Happy New Year 2018. Looking forward to all our activities next year.

**Dr Thaneemalai Jeganathan**  
President OGSM 2017-2018

## The Role of the College of O&G, Academy of Medicine Malaysia



**T**he College of O&G would be responsible for credentialing activities, for consensus development and for quality assurance services.

In light of the recently gazetted Medical Regulations 2017 of the Medical (Amendment) Act 2012 on the 28th of June 2017, the College of O&G has an important and meaningful role for the fraternity. The amended Medical Act serves in the regulation of the entire medical profession, rendering medical specialists to be held accountable. Those with proper and recognised qualifications and whose names are in the Specialist Register will be legally allowed to practise as specialists.

A National Specialist Register (NSR) has been established. Those already registered with the NSR, having paid their registration fee of RM1,500, will have their registration effective from 1st January 2018 and this will be valid for the next 5 years. The Academy of Medicine administers and maintains the Specialist Registry. The Registry contains names of specialists with their qualifications, places of practice and their fields of practice.

Following the Medical Regulations 2017, all applications for the Annual Practising Certificate have to include both evidence of Professional Indemnity Cover and also evidence of sufficient Continuing Professional Development (CPD) points.

Medical specialists are required to renew their registration with the NSR every five years and the renewal is based on them providing sufficient evidence of CPD points in their fields of practice.

The College of O&G currently has a total of 42 Fellows and 170 Members. Attempts to boost these numbers have so far been sluggish; furthermore there are a number who remain in arrears. The Council of the Academy of Medicine has come up with a proposal for an amnesty with regards to those in arrears and converting to Life Membership.

Council agreed to encourage those in arrears to pay up and join as life members and decided to offer an amnesty. The members would have to pay for two years' arrears (RM300 at RM150 per year) and the life membership fee which is RM2,500 for those below 50 years of age and RM1,000 for those above 50 years of age. This amnesty will only apply for members in arrears who opted to be life members. Those who do not wish to be life members will have to pay the full arrears to update their membership status or be removed from being a member. The amnesty will be till 28th February 2018. It was suggested that the list of life members and members in good standing be put up on the website.

Council noted that the AMM only have about one-third of the specialists in the country as members. The Membership Committee would have to think of innovative ways to get more specialists to join the AMM.

**Dr Michael Samy**

*President*

*College of O&G, Academy of Medicine Malaysia*



**MALAYSIAN MEDICAL COUNCIL**  
**CONTINUOUS PROFESSIONAL DEVELOPMENT**  
**(MMC-CPD) GRADING SYSTEM**

1. Section 28(2)(b) of the Medical Regulations 2017 requires that a fully registered medical practitioner obtain a stipulated number of Continuing Professional Development (CPD) points, as determined by the Malaysian Medical Council (MMC), for the purpose of application for Annual Practising Certificate (APC).
2. This requirement will take effect for submissions received on or after 1 January 2019.
3. To begin with, only 20 CPD points will be required, as decided at the 2016 National CPD Meeting held on 6 June 2016 and endorsed by the MMC at its 357<sup>th</sup> meeting on 18 October 2016.
4. Collection of CPD points will be coordinated as follows:
  - 4.1. Government Medical Practitioners – to be coordinated by the Medical Development Division (Bahagian Perkembangan Perubatan) of the Ministry of Health through the MyCPD System.
  - 4.2. Private Medical Practitioners – to be coordinated by the Malaysian Medical Association (MMA).
  - 4.3. Medical Practitioners Practicing as Specialists – to be coordinated by the Academy of Medicine Malaysia (AMM).
5. Requirement for Specialists:
  - 5.1. They will be required to obtain 100 points over 5 years (i.e. 20 points x 5 years) for their 5-yearly renewal/recertification of their National Specialist Registry (NSR) Registration.
  - 5.2. Of the yearly 20 points, 50% (10 points) should be obtained from their specific field of specialty whereas the other 50% (10 points) may be obtained from other than their specific field.
6. The MMC-CPD scoring schedule may be referred to in the annexure.



## Perak OGSM Fellowship Nite 2017



The Perak OGSM Fellowship Nite 2017 was held on 30th September 2017 at Tronoh Hall (Level 3), Kinta Riverfront Hotel & Suites, Ipoh. The event was aimed to enhance fellowship and interaction among the members in the state of Perak. It was successfully attended by about 80 participants from all over Perak.

Dr Jayabalan, the state co-coordinator welcomed the participants. The OGSM President, Dr Thaneemalai Jeganathan spoke on 'Skills Training in Obstetric Emergencies'. The guest speaker, Dr Krishna Kumar Hari Krishnan spoke on "An Update on VTE in Obstetrics". As in the previous years, we had a discussion forum with the State Health Director, Dato' Dr Hassan Merican bin Omar Naina Merican on improving maternity care among the private and government sector. Dr Japaraj Robert Peter co-coordinated the fruitful discussion forum. The participants have also agreed to meet once a month for a state level journal club meeting.



The Perak OGSM members had a good fellowship and a fruitful CPD programme on that evening and they expressed their eagerness to attend next year's Fellowship Nite. The Perak state representative Dr Jayabalan acknowledged our OGSM central committee and Sanofi Pharmaceuticals in helping us to organise this event and specifically the OGSM President for gracing the event.



Prepared by,  
**Dr Jayabalan Valliappan**  
Perak State  
Representative



## The Obstetrical & Gynaecological Society of Malaysia Launches Nation's First Menopause Website dedicated to Malaysian Women

**KUALA LUMPUR, 26 OCT 2017** – In conjunction with World Menopause Day 2017, the Obstetrical & Gynaecological Society of Malaysia (OGSM) has launched Menopause Facts, a website dedicated to empowering Malaysian women as they embark on their journey through the menopause.

A first for Malaysia, Menopause Facts ([www.menopausefacts.org](http://www.menopausefacts.org)) is a comprehensive website offering an in-depth understanding of the menopause, including up-to-date information about menopausal symptoms, as well as treatment and therapeutic options. The society has carefully ensured that the website content is relevant for Malaysian women. This has been achieved through featuring only statistical data and facts from credible clinical studies undertaken in Malaysia. The website also allows users to access videos and pod casts that have been specially created by key opinion leaders from Malaysia and around the world. Online tools also enable the public to assess their risk of developing breast cancer, heart diseases, stroke and bone fractures.

Present to officially launch the inaugural website, were Dr Thaneemalai Jeganathan, President of the Obstetrical & Gynaecological Society of Malaysia (OGSM) and Dr Premitha Damodaran, OGSM Menopause Sub-Committee Chairperson.

OGSM President, Dr Thaneemalai Jeganathan, commenting on the timeliness and relevancy of the website remarked. "By 2030, 15% of the Malaysian population will be over 60 years of age. There has never been a better time to elevate the discussion on menopause and postmenopausal health issues affecting women."

He continued, 'With longer life expectancy, it is important to remember that a woman may spend a third of her life in the menopause. Awareness of health issues when approaching, during and beyond the menopause, such as risk of developing chronic conditions like cardiovascular disease and osteoporosis helps a woman to prepare herself for this phase of her life. As a result, she is also able to benefit from prevention strategies and monitoring earlier in life'.

A Malaysian study revealed the mean age of menopause is approximately 50.7 years.

1. It was discovered that vasomotor symptoms were common amongst urban menopausal Malaysian women with 56% experiencing hot flushes, 49% reporting general tiredness, while a further 84% experienced high cholesterol levels.



2. "Menopause happens to all women. It's a time when a woman's ovaries stop producing estrogen and progesterone, signaling the end of her menstrual cycle. Symptoms can include hot flushes, sweating, inability to sleep and tiredness. Unfortunately, the menopause has had bad press, women dread the thought of it, consider it all doom and gloom and imagine that once menopausal, they are going to be old and unhealthy," remarked Dr Premitha Damodaran, OGSM Menopause Sub-Committee Chairperson.

She added, 'With Menopause Facts, we want to send a message to women that your menopause should firstly be fully understood and then embraced. With education at the forefront, Menopause Facts was conceived as an online resource for Malaysian women to find the answers they desperately need. It is the first of its kind for the public, and contains locally relevant research and data on the menopause and outlines treatment options available including the use of menopausal hormone therapy and various alternative practices.'

Since its inception, OGSM has been championing women's and maternal health development in Malaysia. The Society has engaged in promoting women's health by organising community health projects and awareness campaigns addressing topics such as breast cancer, cervical cancer, endometriosis and undertaking young women wellness programmes in schools and colleges.



## OGSM Contraceptive Course and Contraceptive Website for Women



It has been a very inspiring and busy year as we continue to empower women and girls with their Reproductive Health. The twin strategies of educating both health care professionals and women alike seemed to be a very fruitful exercise.

For the year 2017, we conducted a total of 10 contraceptive courses in close collaboration with State Family Planning associations, both private & government hospitals, pharmaceutical society and Pharma companies.

The places we conducted the courses were Johor Bahru, Kota Bahru, Seremban, Kota Kinabalu, Petaling Jaya, Tawau, Ipoh, Malacca, Kuala Terengganu and Penang.

We further trained 1395 HCPs including Doctors, Nurses, Paramedics and Supporting staff.

On the other hand the Contraceptive Website for Women & Girls had hit more than 125,000 views since its launch in June 2016 with more than 300 views daily.

We hope that both the Course and the Website can be a permanent feature of OGSM's outreach and support towards women's reproductive health by having a fixed investment allocated for this critical area of need.

With warm regards,

**Dr John Teo**  
Coordinator and Contributor  
OGSM Contraceptive Course



# Malaysian Urogynaecology Mission to Vientiane, Laos

28<sup>th</sup> October - 1<sup>st</sup> November 2017

A team of Malaysian urogynaecologists participated in a mission to Vientiane, Laos on the invitation of the officials from the Ministry of Health, Laos & the Obstetrics & Gynaecology Society of Laos. This team comprised Dr Aruku Naidu (Senior consultant urogynaecologist of Hospital Raja Permaisuri Bainun, Ipoh), Dr Ng Poh Yin (Senior consultant urogynaecologist of Hospital Kuala Lumpur), Prof Lim Pei Shan (consultant urogynaecologist from Hospital Universiti Kebangsaan Malaysia), Dr Ida Liliwaty Md Latar (consultant urogynaecologist from Pusat Perubatan Universiti Malaya), Dr Tan Gaik Imm (urogynaecology fellow from Hospital Pulau Pinang), Sr Tan Lee Khan (Hospital Kuala Lumpur) and Sr Lee Fong Hoo (Hospital Kuala Lumpur). This mission was partially sponsored by the Obstetrical and Gynaecological Society Malaysia (OGSM), with the support of the Malaysian Urogynaecology Society (MUGS).



*Women and Neonate Hospital Vientiane*

The team arrived in Vientiane on 28<sup>th</sup> October and proceeded to work soon after arriving. The mission was held at the Women and Neonate Hospital Vientiane. This was the first and only Maternal & Newborn Hospital in Laos. After a quick tour of the hospital premises and facilities, the team proceeded to assess women with urogynaecological problems, who had been screened beforehand by the local hospital doctors. Out of 10 women reviewed, but only 3 patients were identified for surgical intervention, including 2 women with advanced Stage 4 pelvic organ prolapse and 1 patient with 3rd degree tear repair with bad wound dehiscence.



*O & G clinic at Vientiane Women's Hospital*

The following day, the Malaysian team conducted the Obstetric Anal Sphincter Injury (OASIS) Workshop for the benefit of the local obstetric specialists and registrars. This workshop was attended by 60 participants. They were junior doctors and specialists from all over Laos. The workshop comprised lectures delivered by the mission Urogynaecologists. The topics discussed include pelvic and anal sphincter anatomy, risk factors and prevention of OASIS, and methods of repair of OASIS. The lectures were delivered with the help of a local translator. The afternoon was spent on a hands-on workshop using life animal models & life porcine specimen. The participants had the invaluable opportunity to practise their skills in the repair of the anal sphincter tears on sow perineum.



*Prof Lim PS & Dr Ida Liliwaty delivering their lectures*





*Dr Ng PY showing her skills to the young Laotian Doctors*



*Hands-on practice on Porcine Perineum*



*Prof Lim PS with young & energetic Trainees*



*Dr Ida Liliwaty showing her skills*

On 31 October 2017, the team performed pelvic reconstructive surgeries on the 3 patients who had been identified and prepared for surgery. Two teams of Dr Ng/Dr Ida and Dr Aruku/Prof Lim performed the surgeries which included vaginal hysterectomy, pelvic floor repair, McCall culdoplasty and perineal body reconstruction. The aim of the surgical workshop was not only to offer symptom relief to the patients but also to demonstrate surgical techniques and train the Laotian doctors in repair methods, and this was aptly demonstrated by the team. The nursing team of Sr Tan and Sr Hoo were also able to educate the local nurses on the proper techniques to safely assist and sterilize equipment for the operation.



*Doctors & staff of Vientiane Women & Neonate Hospital*

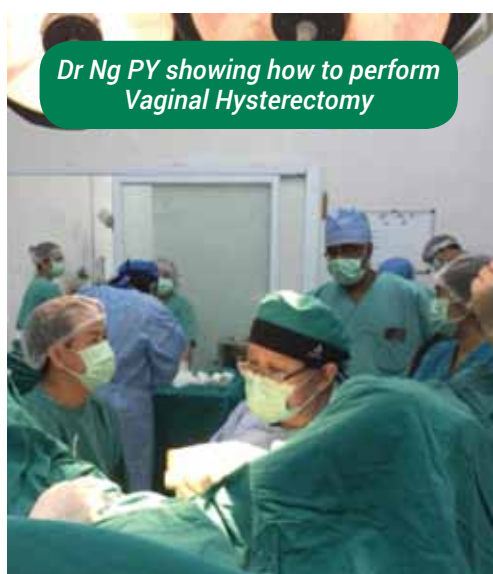




*One of the 2 operation theatres in  
Vientiane Women & Neonate Hospital*



*Dr Aruku with Doctors & staff of  
Vientiane Women & Neonate Hospital*



*Dr Ng PY showing how to perform  
Vaginal Hysterectomy*



*Dr Aruku teaching &  
demonstrating how to perform  
Vaginal Hysterectomy*



*Sr Tan Lee Khan & Sr Lee Fong Hoo helping in the surgeries*



On the final day of the mission, the team visited the hospital to conduct a post-operative ward round to ensure that the patients were on the road to an uncomplicated recovery. We found that the 3 patients were nursed in the recovery area of the operating theatre. Although somewhat uncomfortable for the patients, this enabled them to have better monitoring in the critical post-operative period due to logistic reasons in the local setting. All 3 patients were recovering well, and we educated the local registrars about post-operative management for urogynaecology patients, which included pain relief, prevention of thromboembolism, catheter care and the trial of void protocol and follow-up. As with the common problems with mission such as this, the importance of post-operative care cannot be overemphasized as the team cannot be present onsite throughout the entire recovery period and also to assess patients in the immediate and short-term post-operative period, which would be the ideal situation. We however ensured that the local doctors would be able to contact the operating team for advice should the need arises so as not to compromise patient care.



*The Team doing post-op review the following morning after surgery*



Overall it was a very successful inaugural mission to Vientiane for both the Malaysian and Laotian teams. We were able to build networks and learn from one another. It was enlightening to experience working in a different country's settings with challenging logistics, manpower, experience and equipment. We hope to assist our foreign counterparts in setting up and running an organized urogynaecology service by periodical missions over the coming years and hope to foster goodwill and better friendships for future collaboration within the Asia-Pacific region.

Last but not least, the Malaysian Urogynaecology Mission Team would like to thank all the team members for their valuable support either morally or physically. A very big thanks to OGSM for the timely partial financial support to make this event a successful event. God bless all.

**Team Members:**

1. **Dr Aruku Naidu (HRPB) - Team Leader**
2. **Dr Ng Poh Yin (HKL) - Team Co-ordinator**
3. **Prof Lim Pei Shan (UKM)**
4. **Dr Ida Liliwaty Md Latar (UM)**
5. **Dr Tan Gaik Imm (Penang Hospital)**
6. **Sr Tan Lee Khan (HKL)**
7. **Sr Lee Fong Hoo (HKL)**





# National Seminar on Female and Male Sexual Dysfunction

This was the very first Seminar on Female and Male Sexual Dysfunction which was held on 4<sup>th</sup> and 5<sup>th</sup> of November 2017 at Auditorium Permata, Hospital Tengku Ampuan Rahimah (HTAR), Klang and it was a success. This seminar was co-organised by SRHR OGSM under the chairmanship of Dato' Dr Hj Mohamad Farouk Bin Abdullah and the Department of Obstetrics & Gynaecology, HTAR.

Our objective for this seminar was:

- To provide an overview of sexual dysfunction and treatment options available
- To empower healthcare providers to initiate patient discussion on sexual dysfunction
- To provide a forum for discussion of human sexuality issues

We had participants from various states that is Johor, Perak, Pahang, Kedah, Kelantan, Wilayah Persekutuan and mostly from Selangor. There were more than 100 participants on Day 1 and 50 participants on Day 2. The participants consist of different levels of health care providers and of various disciplines. As to add glamour and officiate this seminar, a surprising dance performance from the committee and a video presentation on sexual health was displayed.

The seminar was comprised of lectures on the first day and workshop on second day. The first day consist of various uncovered aspects of female and male sexual health. We had experienced speakers from various institutions locally and internationally. Local speakers were from Ministry of Health, University and Private Institutions. The foreign speaker from Singapore, Dr Martha Tara Lee is a well-known clinical sexologist who has written books related to sexual health.

The workshop on the second day of the seminar had two sessions. During the first session, the participants were divided into two groups for the Tantric Yoga and Vaginal Rejuvenation Therapy which was conducted simultaneously. The second session was a live demo on psychosexual therapy followed by group work. Certificates of attendance were given to participants at the end of both days.

The participants were requested to give feedback regarding the seminar. Some even proposed that this seminar should be conducted yearly.





# Intensive Course in Obstetric Emergencies Chittagong, Bangladesh

Report by Dr Michael Hoong

The O&G Society of Malaysia (OGSM) accepted an invitation by the Obstetrical and Gynaecological Society of Bangladesh (OGSB) to conduct an Intensive Course on Obstetric Emergencies (ICOE) in Chittagong. This was following a successful collaboration in December 2016 whereby OGSM conducted a one-day post-congress workshop on Fetal Surveillance and CTG.

Chittagong is a major coastal seaport in south-eastern Bangladesh and is the second largest city in the country. Besides being an important rail terminal and administrative centre, it houses the largest international seaport of Bangladesh with modern facilities.

OGSM, with support from the Asia & Oceania Federation of Obstetrics and Gynaecology (AOFOG) funded the air travel expenses for the eight faculties and instruments, while OGSB took care of local transfers and accommodation. The Malaysia team consisted of Dr Thanee, Dr Prema, Dr Sim, Dr Si Lay, Dr Rahmah, Dr Michael, Mr Baskeran and Sr Moey.



ICOE Chittagong was held on the 16<sup>th</sup> – 17<sup>th</sup> September 2017. As Chittagong was a new destination for ICOE, there was a mixed feeling of anticipation and anxiousness for the Malaysian team. The team was taken by surprise when Malindo Airlines cancelled their direct flight to Chittagong just a week prior to departure. After much discussion, the team decided to follow closely the original travel time by flying into Dhaka at night and then take an early connecting flight to Chittagong.



The Malaysian team met in KLIA at 5.30 pm on 14<sup>th</sup> September 2017. Baggage check-in was a breeze. The three-and-half hours Malindo Airlines flight landed in Dhaka at 9.50 pm local time. There was some delay in clearing immigration in Dhaka due to increased security surveillance. The team was dismayed that Malindo Airlines failed to keep its obligation to ensure smooth ground arrangement for the transit time in Dhaka. After much haggling with the airlines office till way past midnight, the team was checked into a bare basic rest house nearby to catch a few winks. More surprises were in store in the morning. At the agreed breakfast time, kitchen staffs were still fast asleep. To our shock we were informed that the airlines could only provide a connecting flight much later in the evening. Feeling furious and not wanting to waste any more time, the team rushed to purchase new tickets in Dhaka airport and boarded an early flight 20 minutes later. It was a brief 50-minutes domestic flight to Chittagong. We were received at the airport by friendly medical interns Shakeel and Ariff, along with two vans. Dr Rohana Hatthotuwa from Sri Lanka, Secretary General of AOFOG joined the team as external assessor from AOFOG.

Dr Fahmida Rashid our local liaison and representatives from OGSB Chittagong branch received us at the Chittagong Club Rest House. After check-in, the team proceeded to Chittagong Medical College Hospital (CMCH) 3 km away to set up for the following day's training. Well-fed with a sumptuous lunch buffet in Ambrosia Restaurant, our local hosts showed us around Chittagong city. We were brought to visit the Commonwealth War Cemetery and then to Foy's Lake Amusement Park for a boat ride. Weaving through the chaotic traffic in Chittagong was a hair-raising



experience for the Malaysian team. Later at night, Brig-Gen Dr Md Jalal Uddin Director of CMCH hosted a dinner reception for the team at The Pavillion Restaurant.

The Chittagong Medical College is a government medical college established in 1957. It is affiliated with CMCH, a tertiary hospital where students from various countries including Malaysia study medicine alongside the native students. The hospital currently has a bed capacity of 1,313 and offers various medical speciality and subspecialty services. Due to its proximity to the Myanmar border, CMCH receives a spill-over of Rohingya refugees from the Rakhine State conflict.

On the next day, the ICOE program started with pre-course skills assessment and knowledge test. After that, Dr Rohana introduced AFOG and its functions. This was followed by welcoming addresses by Dr Jalal Uddin, and Prof Shahanara Chowdhury, President of OGSB Chittagong branch. The event was graced by two former Presidents of OGSB, Prof Shamsul Nahar and Prof Sayeba Akhter. Dr Thanee introduced ICOE and the Malaysian trainers. ICOE Chittagong was attended by 28 participants (only one male participant) consisted of professors, consultants and specialists with five to thirty years of experience in O&G. There was a one-hour lag in schedule due to late commencing of pre-course test and a lengthy Opening Ceremony. Also, some participants were chatting away during breakout sessions, but it was quickly rectified with stern reminders. In the evening, the team enjoyed a delightful dinner in Chittagong Club Restaurant with the company of three medical interns.

ICOE training went smoothly on the second day. Post-course assessment showed obvious improvement in the scores of knowledge and skills tests. In her closing speech, Prof Shahanara emphasised on the importance of documentation, and thanked the Malaysian team for introducing an innovative teaching method using plenty of hands-on training. Prof Sayeba urged the participants to incorporate lessons learned into their daily practices. Dr Rohana reminded that ICOE was an intensive course not just for obstetric training, but also for training in doing things well, punctuality and discipline. He spurred the participants to go on to teach others and expand the training to their colleagues.

Our local hosts then brought us for a short tour to the wards and delivery units in CMCH. It was an eye-opener to the harsh conditions of medical care in a low-resource country. There was great need for improvement in hospital hygiene. Severely overcrowded wards stretched resources and staff morale to their limits.





The Malaysian team was then rushed to Chittagong Airport, with the privilege of having police outriders to help blare through the evening traffic chaos. We were greatly relieved that the short transit in Dhaka Airport and the return flight to Malaysia was pretty uneventful.

It is always a humbling experience to run ICOE in low-resource countries. CMCH being a major referral hospital conducts a whopping 18,000 deliveries a year, with a caesarean delivery rate of 48%. The hospital sees on an average day three fitting patients, and performs two peripartum hysterectomies. Cardiography (CTG) is scarcely available, Kiwi cup is not in use, and condom catheter is the preferred method for uterine tamponade instead of Bakri Balloon. The electricity trips off several times a day, and many taps run dry in the hospital. Outside the windows we saw scavengers sifting through the hospital dump yard. We could only imagine the monumental challenge in instilling hygiene-awareness and civic-mindedness in a community stricken by extreme poverty. Despite the many limitations, the local doctors were passionate in their work and were eager to learn. Senior doctors in the fraternity provided much needed support and guidance. The participants expressed interest to learn more about CTG and invited OGSM to conduct a full-day course on fetal surveillance in future.

It would be ideal that in future ICOE, printed notes are made available and distributed early to participants. Also, getting assistance from the local hosts may alleviate some of the logistic issues arising from unexpected changes in transportation and lodging.

**Course Director: Dr Thaneemalai Jeganathan**

Venue: Chittagong Medical College Hospital, Chittagong, Bangladesh

Date: 16<sup>th</sup>-17<sup>th</sup> September 2017

Course Trainers:

- Dr Sim Wee Wee  
(Sarawak General Hospital)
- Dr Prema Latha S.  
(KPJ Hospital Rawang)
- Dr Si Lay Khaing  
(University Malaya Medical Centre)
- Dr Rahmah Saaid  
(University Malaya Medical Centre)
- Sr Moey Foong Yau  
(Lam Wah Ee Hospital)
- Dr Michael Hoong  
(Sabah Women and Children's Hospital)
- Mr Baskeran B.  
(OGSM administrator)

Participants: 28



# Intensive Course in Obstetric Emergencies Ulaanbaatar & Sukhbaatar, Mongolia

Report by Dr Voon Hian Yan



The OGSM accepted an invitation from the Mongolian Federation of Obstetrics & Gynecology (MFOG) to conduct an ICOE and Training of Trainers (TOT) in Selenge Aimag Hospital, Sukhbaatar. To provide continuous support to the existing Mongolian ICOE trainers, a refresher was also integrated into the program, conducted at the National Center for Maternal and Child Health (NCMCH), Ulaanbaatar. This was ICOE's third sojourn to Mongolia, supported by the Asia and Oceania Federation of Obstetrics and Gynaecology (AFOG) and the United Nations Population Fund (UNFPA).

The 7-member ICOE team led by Dr Gunasegaran PT Rajan and Dr Tang Boon Nee included the current AFOG President, Dr Ravi Chandran and course administrator Ms Premalatha Balasubramaniam.

The team departed from KLIA via Air China just before midnight on Sunday, 1st October 2017 and arrived the following morning at Chinggis Khaan Airport (that's how the locals spell it), transiting through Beijing. The journey to Ulaanbaatar was bumpy. I experience first-hand the ordeal of defiantly haggling and coercing our way through check-in, as the equipment and mannequins were testing the limits of airline baggage allowance. An additional hour of waiting on the runway to take off from Beijing and further checks by the Mongolian customs added to our plight. *Deja vu* anyone?

**DAY 1 :** Upon landing and a quick lunch, we proceeded with the refresher in NCMCH. An introduction was given by Dr Tsedmaa, the President of the MFOG and Dr Khishgee, the Head of O&G in NCMCH. This was followed by an update of the ICOE, videlicet on team management and the upcoming manual by Dr Guna followed by a detailed topic-by-topic discussion on ICOE curriculum lead by Dr Tang. There were variegated questions about adapting ICOE recommendations for local practice. The dedicated and

meticulous Mongolian trainers have already translated the whole course into their local language and organised several ICOEs within the country as part of their outreach activities. The refresher ended with a demonstration on the pre and post-skill stations, which will be incorporated into future Mongolian ICOE.

**DAY 2 :** A gruelling 5-hour journey from Ulaanbaatar to Sukhbaatar was cushioned by the comfort of excellent travelling companions (and erm, some clear fermented fluids). Our gracious host and head of the aimag (province) Dr Od, greeted us with much warmth. Late that evening, we unpacked to set up the pre-skills and breakout sessions before putting up in Selenge Hotel.

**DAY 3-4 :** ICOE in Sukhbaatar officially took off with 18 participants from Selenge and surrounding aimags, all whom were specialists or consultants. Each Malaysian ICOE trainer was paired with a Mongolian ICOE trainer and an interpreter was required as the majority did not speak much English. Lectures delivered by the Mongolian trainers were in their mother tongue while the Malaysians delivered their lectures in English, interspersed with translations. Audiovisual facilities were above par while additional instruments and equipment, including mannequins acquired by the local trainers ensured that the course ran smoothly. The participants were an enthusiastic bunch and to the credit of the local organising team, both lectures and skill stations were completed without any major glitches.



Feedback from the participants were positive and encouraging although a handful expressed preference for longer lectures. The breakout skills stations were popular and some of the senior participants were excited to incorporate elements of team management into their daily practice such as closed-loop communication and multi-disciplinary involvement. Post-test skill improvement was seen in the majority of stations tested.

The visionary ICOE Steering Committee also tested a Skype training session, channelled live from the OGSM office, starring Dr Hoo Mei Lin, Baskaran and Jenny.

We had the opportunity to visit Selenge Aimag Hospital's delivery suite which even had a bluetooth-enabled cardiotocography machine! The day ended with demonstration of the telemedicine program, supported by the Government of Luxembourg, where high resolution ultrasound images could be transmitted from Aimag Hospital to NCMCH for consultant input. The referring doctor could even evaluate and rate the consultants' input, not unlike giving a "like" on Facebook.

**DAY 5 :** From the pool of 18 participants, 10 were chosen for the Training of Trainers (TOT) session. They were divided into three groups and given guidance in conducting lectures, scenarios and skill stations. A concurrent meeting was held between representatives of the Mongolian Ministry of Health, MFOG and other stakeholders. Dato' Dr Zaridah represented OGSM at this meeting to introduce the two-tiered antenatal clinic care system in Malaysia.

Our short stay in Sukhbaatar debunked the myth of unfancied Mongolian cuisine as the hospital staff preparing our meals could easily run a Michelin-starred restaurant. We departed from Sukhbaatar to Ulaanbaatar that afternoon, ironically, longing for more hospital food.

**DAY 6 :** We finally had some free and easy time before attending a dialogue between MFOG-OGSM-AOFOG. MFOG had approximately 400 members led by a 15-member steering committee and runs a quarterly publication entitled "Save Mother and Newborn". The MFOG members expressed interest to learn from OGSM in organising loco-regional events, achieving financial sustainability and expanding the role of

midwives. Pearls of wisdom were shared by both Dr Guna and Dr Tang. Dr Ravi Chandran as the AOFOG President, was enthused by their vision and offered his support to MFOG, including identifying potential workshops and events to be held in Mongolia.

**DAY 7 :** We bid farewell to Ulaanbaatar the same way it welcomed us, with snow. The eleven hour journey home was thankfully uneventful.

## RECOMMENDATIONS

1. The Mongolian ICOE team were more than capable to organise their own local training. However, some degree of supervision and continuous support from the OGSM-ICOE Steering Committee would still be necessary in the foreseeable future.
2. Certain contents in the ICOE curriculum may require modification to reflect local needs. Examples include the unavailability of Labetalol and the use of various MgSO<sub>4</sub> concentrations, most popularly as a 25% concentration.
3. Empower local trainers to continue adapting a learner-centred approach with de-emphasis on paternalistic and didactic teaching.
4. Further fine-tuning is required before live training can be performed between Malaysia and Mongolia, despite the availability of high speed internet in most parts of the country.





Allow me to end by highlighting 5 interesting facts about Mongolia:

1. Mongolia is only 1 of 9 countries to achieve the MDG 5a target.
2. Mongolia is the most sparsely inhabited land in the world (2 persons/km<sup>2</sup>). In comparison, Malaysia has 95 persons/km<sup>2</sup> and Singapore 7,900 persons/km<sup>2</sup>.
3. With a population of 3.1 million, Mongolia has 20 times more livestock than humans.
4. Ulaanbaatar or UB as the locals aptly call it, is the chilliest capital city in the world.
5. Traffic in UB was unexpectedly vexing and we could hardly spot a single motorcycle in the city. For safety reasons, motorcycles are banned in Mongolia during winter.

Date: 1 October 2017 – 8 October 2017

Venues: National Center for Maternal and Child Health, Ulaanbaatar and Selenge Aimag Hospital, Sukhbaatar

Course Director : *Dr Gunasegaran P.T. Rajan*

Course Assessor : *Dr Tang Boon Nee*

Course Administrator : *Ms Premalathan Balasubramaniam*

Trainers (Malaysia) : *Dr Ravi Chandran Dato' Dr Zaridah bt Shaffie*

*Dr Michael Hoong Dr Voon Hian Yan*

Trainers (Mongolia) : *Dr T. Sarantuya Dr Tsedmaa*

*Dr J. Enkhtuya*

*Dr Naraa*

*Dr G. Sansar*

*Dr Kh. Batnasan*

Participants:

18 Obstetricians & Gynaecologists for the ICOE and 10 of whom were selected for the Train the Trainers (TOT) course



# Intensive Course in Obstetric Emergencies Vientiane, Laos

Report by Dr Rosy Anak Jawan

The Obstetrical and Gynaecological Society of Malaysia together with AFOG conducted the 1st ICOE in Laos at the Maternal and Newborn Hospital, Vientiane, Laos from 15<sup>th</sup> – 16<sup>th</sup> November 2017 followed by the TOT on 17<sup>th</sup> November 2017. Pre-course arrangements were done on 14<sup>th</sup> November 2017 at the venue.

OGSM, with support from the Asia & Oceania Federation of Obstetrics and Gynaecology (AFOG) funded the air travel expenses for the eight faculties and instruments, while Laos Association of Obstetrics and Gynaecology (LAOSOBGYN) took care of local transfers and accommodation. The training mannequins and pelvic models were brought from OGSM and disposables were supplied by the Maternal and Newborn Hospital Vientiane. The Malaysia team consisted of Dr Ravi Chandran, Dr Gunasegaran PT Rajan, Dr Muniswaran G., Dr Khoo Kong Beng, Dr Sim Wee Wee, Dr Angela Chin, Dr Rosy Jawan and Mr Baskeran. The participants consisted of 23 O&G Specialists from hospitals and universities in Laos.

Dr Anan Sacdpraseuth, the President of LAOSOBGYN and Dr Alongkone Phengsavanh, the Secretary General of LAOSOBGYN were the representatives from Laos in this workshop. Dr Alongkone was kind in arranging the transportation and accommodation during our stay in Vientiane.

Vientiane is the capital and the largest city of Laos, on the banks of Mekong River near the border with Thailand. The estimated population of the city is 750,000 (2015).

## 14 November 2017

As Vientiane was a new destination for ICOE, there was a mixed feeling of anticipation and anxiousness for the Malaysian team. We gathered at the KLIA2 as early as 4 am in the morning, our East Malaysian colleagues came 4 hours earlier, to check-in the equipment's and instruments. Our flight departed an hour late from KLIA2 due to technical and weather factors.

We were received at the Wattay International Airport Vientiane by Dr Sengaloun Chanthavong and Dr Sisomphone Sengdala who brought the clearance letter to rescue us from the Custom. There was further an hour delay to allow the Custom to inspect our baggages and to clear the necessary paper work.

We rushed to our accommodation, Mali Namphu Guest House, 114 Rue Pangkham, Vientiane to drop our personal belongings and quick refreshment. At 1 pm, after lunch, we departed to the Maternal and Newborn Hospital which was one hour drive through dirt road from Vientiane. Upon arrival, we were shown around the hospital and Mr Baskeran was quick to identify the rooms for lectures and breakouts. The Maternal and



Newborn Hospital provided us with the disposables and essential equipment.

## 15 November 2017

On the next day, the ICOE program started with pre-course skills assessment and knowledge tests. After that, Dr Alongkone Phengsavanh (current Secretary General of LAOSOBGYN) introduced the President of LAOSOBGYN, Dr Anan Sacdpraseuth. This was followed by Welcoming Addresses by both doctors. Dr Gunasegaran introduced ICOE and the Malaysian trainers. ICOE Laos was attended by 23 participants, all are O&G specialists with different levels of experience, ranging from just completed their specialist training to those who has been working as an O&G specialist for more than five years.

In the morning, there was a two-hour lag in schedule due to late commencing of pre-course test and Opening Ceremony. The delayed was cause by participants coming in late and trickled into the Lecture Hall at different times. This also disrupted the pre-course MCQ test and the late comers did not have adequate time to complete the MCQs. We picked up speed after the lunch break and managed to



complete the first day course at 5.30 pm. Only one participant left early at 4.30 pm to fetch her son. Before we dismissed for the first day, we stressed to the participants on the importance of starting on time on the next day so that we can complete the course as scheduled. In the evening, the team enjoyed a delightful dinner at the Khop Chai Deu Restaurant accompanied by fantastic live music.

### 16 November 2017

ICOE training went smoothly on the second day. All the participants came on time on the second day and more enthusiastic. Post-course assessments showed obvious improvement in the scores of knowledge and skills tests. In his closing speech, Dr Alongkone felt his specialists benefitted the ICOE training more than their current Emergency Obstetrics Care (EMOC) training as this course allowed more clinical skills and hands-on training. He also wished that they can repeat similar training in Laos in 6 months. He thanked the Malaysian team for spending time in Laos to share knowledge and skills with them. Later, we had traditional upscale Laos cuisine at Kualao Restaurant. The restaurant also showcases traditional Lao dance and musical performances.

### 17 November 2017 (TOT)

The trainers together with Dr Alonglone selected 15 possible trainers. They were trained to conduct the short lectures, clinical scenarios and skills stations. We completed the TOT training at 1.00 pm. After leaving the mannequins and instruments at the hotel, we went to visit the Vientiane morning market and That Luang stupa, accompanied by Dr Sengaloun Chanthavong, Dr Sisomphone Sengdala and Dr Phouthasone Phommachanh.

Pha That Luang, a gold-covered large Buddhist stupa, is located at the centre of the city of Vientiane. It is generally regarded as the most important national cultural monument in Laos and a national symbol. The golden stupa is 45 metres tall and is believed to contain a relic of the Lord Buddha.

### 18 November 2017

We were driven to the Wattay International Airport by Dr Alongkone and Dr Sengaloun at 6 am. The drive was a breeze as the traffic was very light. There was a delay in checking-in our luggages, mannequins and equipment as we exceeded the baggage weight limit. While waiting to board our flight, we did our last minute shopping in the airport.

OGSM is looking forward to work with LAOSOBGYN to continue this training programme and improve the clinical skills, communication and non-technical skills of members of the O&G community in Laos.

### Participants' feedback:

1. All of them think that they benefitted from the course. They improved their clinical skills tremendously after the course as compared to their current EMOC course.
2. At the same time, they expressed that time factor is a problem; time was very limited for them to learn the clinical skills and digest/master the knowledge.







Course Director: Dr Gunasegaran P T Rajan

AOFOG Representative: Dr Ravi Chandran

Course Assessor Skills: Dr Chin Yeung Sing Angela

Course Assessor MCQ: Mr Baskeran Balakrishnan

Course Administrator: Mr Baskeran Balakrishnan

Laos Liaison Officers: Dr Alongkone / Dr Sengaloun

Venue: Mother and Newborn Hospital Vientiane

Date: 15-16 November 2017 /  
17 November 2017 (TOT)

Course Trainers:  
Dr Gunasegaran P T Rajan  
Dr Muniswaran Ganesham  
Dr Kong Beng Khoo  
Dr Rosy Anak Jawan  
Dr Chin Yeung Sing Angela  
Dr Sim Wee Wee  
Dr Ravi Chandran

The course was conducted by a team of 7 OGSM faculty members. Dr Ravi Chandran the AOFOG President doubled up as a trainer and observer of the course.

Participants: There were a total of 23 registered participants who came from various hospitals and universities in Vientiane, Laos. All participants completed the 2-day course with lots of enthusiasm.

#### SKILLS TEST: PRE AND POST SKILLS ASSESSMENT SCORES

STATION	SKILLS TEST	PRE TEST	POST TEST
	PARTICIPANT	23	23
STATION 1	Difficult Caesarean	4.00	4.00
STATION 2	Homeostasis	1.87	7.09
STATION 3	Shoulder Dystocia	1.52	7.26
STATION 4	Estimation of Blood Loss	2.91	8.52
STATION 5	CPR & Airway MX	5.57	6.96
STATION 6	Compression Sutures	1.39	8.43
STATION 7	Breech Delivery	2.09	5.26
	Average Score	2.76	6.79

# Malaysian International Scientific Congress of Obstetrics and Gynaecology (MISCOG) 2018

## Where Technology, Evidence & Skills Meet

26 - 29 July 2018 • Malaysia International Trade and Exhibition Centre (MITEC), Kuala Lumpur, Malaysia

The Obstetrical and Gynaecological Society of Malaysia has an attested track record of organising large and extremely successful scientific meetings in this region. While FIGO 2006, RCOG 2012 and ACOG 2015 are prime examples, our annual congresses have been no less a success by any count. This time however, the Organising Committee has chosen to pitch themselves a gargantuan challenge – to reset the benchmark at a new height.

It is therefore with this in mind that we have chosen a novel venue and amplified the scope of our scientific content. It is without doubt, our new venue will gratify our needs in accommodating up to five parallel scientific streams and industry exhibition space that will undoubtedly satisfy all quarters.

Our Scientific Chairman, Professor Raman, a pragmatic academic with vast experience in such a role, has been charged with ensuring that the congress lives up to its theme of being the proverbial melting pot of high quality evidence, clinical experience and the latest technology.

All this fits appropriately with the impending mandatory requirement for all doctors in Malaysia to fulfil certain CPD requirements in order to renew their annual practicing certificates (APC). Your attendance at this single congress will ensure that this requirement is entirely met. Furthermore, in line with Malaysia's aspirations to be a regional hub for the medical specialties, the Congress will also be tailored to meet the needs of international delegates. Therefore, you can expect the academic content, venue and the social components to meet and perhaps even surpass the standard international benchmarks.

Be it from simple basics to cutting edge science, or from high quality evidence to instinctive experience, rest assured that there would be something for everyone.

The organizing committee looks forward to welcoming you to Kuala Lumpur in July for MISCOG 2018 @ MITEC!

### Dr Eeson Sinthamoney

*President-Elect, OGSM*

*and Organising Chairman, Malaysian International Scientific Congress of Obstetrics & Gynaecology*







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**26-29 July 2018**

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# Silent Mentors for Medical Students and Health Care Professionals: Humanistic Medical Education Program

Associate Professor Dr Si Lay Khaing (University of Malaya)

(please visit [www.silentmentor.org](http://www.silentmentor.org) for more information)

**W**hen we were medical students, we learnt anatomy of human body by dissecting the formalin-soaked embalmed human bodies. At later years of training, we learnt operative skills by assisting senior doctors and surgeons on life patients. Human cadavers used for anatomy teaching were mostly from patients treated by the hospital who eventually decided to contribute towards training of medical students, or unclaimed human bodies from the hospital. Some of them had identification, and sadly, some even had no identity. It is rather common for body parts to be detached from the trunk to facilitate demonstration of teaching.

Nowadays, the practice of body donation to medical schools is less common. As a result, human body parts without identity of the donor were imported from overseas for teaching and training purposes. With advancing technology, many medical schools are teaching human anatomy using plastic models, mannequins and even with computerized touch-screen monitors. However, knowledge and experience gained from these teaching modalities is never the same as that from the human body.

At the turn of the Millennium, Silent Mentor program concept was initiated by Dharma Master Cheng Yen from Taiwan at Tzu Chi University. She said: "The greatest suffering in life is illness. If doctors can save more lives by learning from our donated bodies, that would be of great worth." The difference with general body donation program, the Silent Mentor body donation allows medical students and doctors get to know their mentors through home visits and interviews of their family members, compilations of photos, documents and collections of the late mentors. Since then, Silent Mentored-based clinical skilled training program was established in Tzu Chi University. And this has inspired many people around the world.

The University of Malaya initiated the Silent Mentor program in collaboration with Tzu Chi University, Taiwan in March 2012 and we are continuing with great success.

We aim to provide a humanistic medical education program with the following objectives:

1. To promote the social trend of body donation for medical teaching and research in a multi-cultural and multi-faith society in Malaysia.
2. To enhance the standards of medical education and research.
3. To facilitate the development of excellent ethics and humanity among the health care professionals.

The undergraduate medical students training program is not just a surgical anatomy and skill workshop. Medical students are assigned to one mentor with eight to ten students per group. The program includes receiving the Silent Mentors within six hours of death, home visits to know the life story, medical illness and the final wish and expectation of their respective mentors from the relatives, preparation of their own mentors before, during, and after each workshop, presentation about their mentors to the participants before the speciality workshop and at Gratitude Ceremony to the public. The students have the opportunity for hands-on surgical anatomy and basic surgical skill training on their mentors in three consecutive evenings. The skill training includes the insertion of chest tube, endotracheal intubation, insertion of central line, and suturing of wounds. From January 2017, we introduced teaching surgical anatomy of abdomen and pelvis after demonstration for laparotomy through midline incision and Pfannenstiel incision, also procedures such as appendectomy, leg fasciotomy, etc.



*Medical Students get ready for silent prayer after preparation of their mentors by themselves*





*Silent Prayer before Gynaecological Laparoscopy Workshop*



*Teaching medical students Pelvic anatomy through Pfannenstiel incision*



*Gynaecological Laparoscopic Hands-on Surgical Workshop*



*Mid-Urethral Sling Hands-on Workshop*

To date, since 2012, 20 Silent Mentors workshops were conducted in the University of Malaya, 74 Silent Mentors were initiated and 754 medical students from local and oversea universities were trained by volunteer trainers from University Malaya, other local universities and specialists from government and private hospitals.

Apart from the medical student surgical anatomy and skill workshop, the hospital training workshops for house officers and medical officers from the Emergency Department of University of Malaya Medical Centre, local and some regional speciality workshops from various disciplines such as Orthopaedics, Colorectal, Plastic Surgery, Oro-Maxillo-Facial Surgery, Ophthalmology were conducted during the Silent Mentor workshop sessions. Three gynaecological surgical skills workshops (Laparoscopic Gynaecological Surgery Workshops and Mid Urethral Sling Workshop) were successfully organized.

The difference with Cadaveric workshops from other parts of the world is that the participants get to know their mentors as introduced by the medical students with PowerPoint presentations before the start of the workshop. After proper surgical gowns were worn, the whole group of participants and trainers observed a one minute silent prayer to the mentors according to their own religion and belief. Throughout the workshop, all the trainers and participants treat the Silent Mentors with utmost respect and gentleness as their special teacher.

We witness that our participants are so closely connected with their Silent Mentors and family members. At the end of the program, the participants express their experience and gratitude on stage to the selfless Silent Mentors and the relatives during

the Gratitude Ceremony, and performed a "Send-off" with the deepest gratitude.

Here are some of the emotional words of Dr Jagdeesh Kaur, from the Department of Obstetrics and Gynaecology, Hospital Kuala Lumpur, a participant of the recent Silent Mentor Gynaecological Laparoscopy Workshop in October 2017.

"It is difficult to express the many ways in which these individuals have touched our lives. They have been profound and inspiring teachers to us. This experience is like no other in medicine, and we are humbled by their decisions. A great privilege has been given to us by these individuals, and we will go into the field of medicine with a heightened sense of duty and gratitude because of them".

Silent Mentor program forms the core teaching curriculum of the Silent Mentor Centre of the Faculty of Medicine, University of Malaya. We provide medical education in a holistic approach with the concept of "appreciation of life and great love". We strongly believe that medical students and medical professionals will become more competent and more compassionate doctors through this program because of the selflessness and unconditional love of the Silent Mentors without any boundaries.

# Calendar of Events 2018

Date	Event	Venue	Contact
6 January	Trainee's Masterclass on Paediatric Adolescent Gynaecology	OGSM Office, Plaza Mont Kiara, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my
20 January	1 <sup>st</sup> National Seminar on Ultrasound in Obstetric Emergencies	Hospital Raja Permaisuri Bainun, Ipoh	AMO Syafiqah - +6013 543 6780 AMO Ghani - +6016 540 7797 Fax: 05-243 7389 Email: obsememergencyhrpb@gmail.com
3-4 February	12 <sup>th</sup> Intensive Course in Obstetric Emergencies for Doctors	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my/icoe
4 February	Fertility Nursing Symposium	Aloft, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my
10 February	Trainee's Masterclass on Urogynaecology	OGSM Office, Plaza Mont Kiara, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my
20-21 February	ICOE Lahore, Pakistan	Lahore, Pakistan	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my/icoe
10 March	1 <sup>st</sup> ROSE International HPV Conference	Armada Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my
10 March	I LOVE ME Health Conference (For Public)	Cititel Midvalley, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my
14-18 March	6 <sup>th</sup> Maternal-Fetal-Child Nutrition in the First 1000 Days Congress	Gloria Golf Hotel, Antalya	Secretariat Ms Venera Mambaeve Tel: +90 312 439 68 04 Email: venera@ftskongre.org Website: http://en.annecocukbeslenmesi.org/
16-18 March	The 2 <sup>nd</sup> Asia Pacific Symposium on Diabetes, Hypertension, Metabolic Syndrome and Pregnancy-DIPAP Greater China	Shanghai, China	Secretariat: Ms Liat Nathan Tel: +972 3 566 6166 Fax: +972 3 566 6177 Email: liat@Comtecint.com Website: http://www.comtecmed.com/dipap/2018/
21-24 March	RCOG World Congress 2018	Suntec, Singapore	Secretariat: Tel: +65 6379 5260 Fax: +65 6475 2077 Email: info@rcog2018.com Website: http://www.rcog2018.com
24-25 March	10 <sup>th</sup> Intensive Course in Obstetric Emergencies for Midwives	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my/icoe
11-13 April	FIGO Regional Conference of Middle East and Africa	InterContinental Dubai, UAE	Secretariat MCI Middle East Email: figodubai2018@mci-group.com Website: http://www.figodubai2018.com/



Date	Event	Venue	Contact
20-21 April	13 <sup>th</sup> Intensive Course in Obstetric Emergencies for Doctors	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my/icoe
20-22 April	14 <sup>th</sup> ISUOG International Symposium	Athens, Greece	Secretariat AFEA S.A. Travel & Congress Services Tel: +30 2103668853-54 Fax: +30 2103643511 Email: info@isuogsymposium.com Website: http://www.isuogsymposium2018.com
22 April	ICOE Train the Trainers (TOT)	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my/icoe
23-25 April	World Congress on Obstetrics & Gynaecology	Valencia, Spain	Tel: +1-563-447-3392 Email: gynaecology@cenetricconferences.com Website: http://www.gynaecologyconference.org/
27-29 April	Malaysia Obstetric Medicine Scientific Congress	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my
5-6 May	11 <sup>th</sup> Intensive Course in Obstetric Emergencies for Midwives	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my/icoe
24-25 May	2 <sup>nd</sup> International Conference on Women Health and Breast Cancer	Valencia, Spain	Secretariat: Ms A Charishma Tel: +91-779 979 0001 Email: womens_health@scientificfederation.com Website: http://scientificfederation.com/women-health-2018/
28-30 May	Part 1 MRCOG Intensive Course	Armada Hotel, Petaling Jaya	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: www.ogsm.org.my
28-30 June	APAGE Regional Congress 2018	KK Women's and Children's Hospital, Singapore	Secretariat: Ms Liam Toh & Ms Anita Kurup Tel: (65) 6394 1771 & (65) 6394 5993 Fax: (65) 6298 6343 Email: liam.toh.gn@kkh.com.sg & anita.kurup@kkh.com.sg Website: http://apage-sg.com.sg/
18-19 July	4 <sup>th</sup> Annual Conference on Gynecologic Oncology	Atlanta, Georgia, USA	Secretariat Ms Vennela Desouza Tel: +1-888-843-8169 Fax: +1-650-618-1417 Email: gynecologiconcology@oncologyseries.com Website: https://gynecologiconcology.conferenceseries.com/
24-25 July	10 <sup>th</sup> Diabetes Complications Conference & Grand Rounds	The Waterfront Hotel, Kuching	Secretariat Ms Rosmawati, Ms Farah, Ms Amelia & Ms Su'aidah Tel: 03-7876 1676 Fax: 03-7876 1679 Email: enquiry@nadidiabetes.com.my Website: http://www.diabetesmalaysia.com.my/

Date	Event	Venue	Contact
26-29 July	Diabetes Asia 2018 Conference	Borneo Convention Centre Kuching, Kuching	Secretariat Ms Rosmawati, Ms Farah, Ms Amelia & Ms Su'aidah Tel: 03-7876 1676 Fax: 03-7876 1679 Email: enquiry@nadidiabetes.com.my Website: <a href="http://www.diabetesmalaysia.com.my/">http://www.diabetesmalaysia.com.my/</a>
26-29 July	Malaysian International Scientific Congress in Obstetrics & Gynaecology (MISCOG 2018)	MiTEC, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: secretariat@miscog2018.org Website: <a href="http://www.miscog2018.org">http://www.miscog2018.org</a>
11-12 August	12 <sup>th</sup> Intensive Course in Obstetric Emergencies for Midwives	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: <a href="http://www.ogsm.org.my/icoe">www.ogsm.org.my/icoe</a>
20-21 September	World Congress on Gynecology & Obstetrics	Toronto, Canada	Secretariat Mr Tirupathi Tel: +91-779-979-0001 Email: wcgo-2018@scientificfederation.com Website: <a href="http://scientificfederation.com/gynecology-2018/">http://scientificfederation.com/gynecology-2018/</a>
22-23 September	14 <sup>th</sup> Intensive Course in Obstetric Emergencies for Doctors	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: <a href="http://www.ogsm.org.my/icoe">www.ogsm.org.my/icoe</a>
20-24 October	28 <sup>th</sup> World Congress on Ultrasound in Obstetrics and Gynecology	Singapore	Secretariat Ms Freya Ross Email: congress@isuog.org Website: <a href="https://www.isuog.org/events/world-congress.html">https://www.isuog.org/events/world-congress.html</a>
27-28 October	13 <sup>th</sup> Intensive Course in Obstetric Emergencies for Midwives (To be confirmed)	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: <a href="http://www.ogsm.org.my/icoe">www.ogsm.org.my/icoe</a>
12-14 November	5 <sup>th</sup> World Congress on Nursing & Healthcare	Toronto, Canada	Secretariat Event Manager Tel: +91-779-979-0001 Email: nursing-2018@scientificfederation.com Website: <a href="http://scientificfederation.com/nursing-healthcare-2018/">http://scientificfederation.com/nursing-healthcare-2018/</a>
1-2 December	15 <sup>th</sup> Intensive Course in Obstetric Emergencies for Doctors (To be confirmed)	Vistana Hotel, Kuala Lumpur	OGSM Secretariat Tel: 03-6201 3009 Fax: 03-6201 7009 Email: administrator@ogsm.org.my Website: <a href="http://www.ogsm.org.my/icoe">www.ogsm.org.my/icoe</a>

## ACCOLADES

*Congratulations... to the newest members of our O&G fraternity*

## MOG Pass List November 2017

Dr Norsa'adah bt Salim  
Dr Khairul Safwati Bt Muda  
Dr Vikneswaran a/l Virasamy  
Dr Nurrul Satiah binti Alias

Dr Azreen Zulaikha bt Zulkifli  
Dr Noor Azimah bt Zakaria  
Dr Fathi Laila Bt Amir  
Dr Rohani Bt Effendy

Dr Nurlina bt Abd Razak  
Dr Noor Hasliza bt Zakaria  
Dr Lou Wei Yeng  
Dr Noraini Mohd Hanafi